

Jana Dunajska



Certifications:
AFAA Certified
Personal Trainer,
YMCA Personal
Trainer, YMCA
Group Exercise
Instructor

Whether your goal is to improve a quality of your life or condition your body for your favorite sport I can help you to achieve it by matching you with a set of exercises you will enjoy. I strongly believe that all of us can lead a healthy lifestyle and have fun at the same time.

Core Workout

This is a Redmond Fit Pass Class. Blast your core, increase stability and balance with this 30 minute class focused on strengthening your abdominals, lower back and legs using a variety of equipment and techniques. Drop-ins allowed as space permits. Sign up for 30/30 Cardio Strength, Total Body Conditioning, Step and Strength, or Ball Class and take Core for free!

Instr: Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$20R/\$24N

37815 Mon Sep 12-Oct 31 10:15-10:45am

37819 Fri Sep 9-Oct 28 10:15-10:45am

Age: 17+ yrs..... Fee: \$15R/\$18N

37816 Mon Nov 7-Dec 12 10:15-10:45am

37820 Fri Nov 4-Dec 16 10:15-10:45am

Age: 17+ yrs..... Fee: Free (see above)

37817 Mon Sep 12-Oct 31 10:15-10:45am

37818 Mon Nov 7-Dec 12 10:15-10:45am

37821 Fri Sep 9-Oct 28 10:15-10:45am

37822 Fri Nov 4-Dec 16 10:15-10:45am

Step and Strength

This is a Redmond Fit Pass Class. Great for first time steppers and more advanced too. Low and high-impact movements performed on and off an adjustable step. Intensity is determined by speed, travel patterns and choreography. Different levels so you can work on your own level. Step is followed by a total body workout, core included, and relaxing stretches. Drop-ins allowed as space permits. No class Nov 25.

Instr: Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$40R/\$48N

37887 Fri Sep 9-Oct 28 9-10am

Age: 17+ yrs..... Fee: \$30R/\$36N

37888 Fri Nov 4-Dec 16 9-10am

Total Body Conditioning for Women

This is a Redmond Fit Pass Class. Does your body need toning or shaping? This hour long women only class could give you a new look without the chisel. We will start with aerobic warm up, then move on to exercises for all major muscle groups, including core muscles. Exercise to music, and end with feel-good stretches. Drop-ins allowed as space permits.

Instr: Jana Dunajska

Loc: Old Redmond Schoolhouse Community Center Auditorium

Age: 17+ yrs..... Fee: \$40R/\$48N

37885 Mon Sep 12-Oct 31 11am-12pm

Age: 17+ yrs..... Fee: \$30R/\$36N

37886 Mon Nov 7-Dec 12 11am-12pm



Spin

This Redmond Fit Pass Class counts as 2 punches. Take a ride on our New LeMond RevMaster Pro Spin Bikes! You will be led through a simulated outdoor biking experience where terrain is set by utilizing resistance and cadence for a challenging and motivational experience. Unlimited Spin Pass available! Drop-ins allowed as space permits. 15 minute introduction to spin is available by appt before class. Please email Sarah, smsandquist@redmond.gov to schedule.

Loc: Old Redmond Schoolhouse Community Center Room 103

Age: 17+ yrs..... Fee: \$64R/\$77N

37889 Mon Sep 12-Oct 31 5:30-6:30pm Sharron

37890 Tue Sep 13-Nov 1 12:05-1pm Natalie

37891 Tue Sep 13-Nov 1 9:30-10:30am Natalie

37962 Wed Sep 14-Nov 2 5:30-6:30pm Sharron

37894 Sat Sep 10-Oct 29 10-11am Dawna

37896 Wed Sep 14-Nov 2 6:30-7:30pm Dawna

37897 Fri Sep 9-Oct 28 5:30-6:30am Sharron

37898 Wed Sep 14-Nov 2 5:30-6:30am Sharron

37899 Sat Sep 10-Oct 29 7-8am Sharron

37963 Mon Nov 7-Dec 19 5:30-6:30pm Sharron

37964 Tue Nov 8-Dec 27 12:05-1pm Natalie

37965 Tue Nov 8-Dec 27 9:30-10:30am Natalie

37967 Wed Nov 9-Dec 28 5:30-6:30pm Sharron

37968 Sat Nov 5-Dec 31 10-11am Dawna

37970 Wed Nov 9-Dec 28 6:30-7:30pm Dawna

37971 Fri Nov 4-Dec 30 5:30-6:30am Sharron

37972 Wed Nov 9-Dec 28 5:30-6:30am Sharron

37973 Sat Nov 5-Dec 31 7:00-8am Sharron

Express/Beginner Spin Class

Loc: Old Redmond Schoolhouse Community Center Room 103

Age: 17+ yrs..... Fee: \$32R/\$39N

37892 Tue Sep 13-Nov 1 9-9:30am Natalie

37966 Tue Nov 8-Dec 27 9-9:30am Natalie

